

URGE HOUSEWIVES TO BUY FLOUR IN SMALL LOTS

Warning Issued That Attempt
to Hoard is Often False
Economy

(Special Star-Bulletin Correspondence)
WASHINGTON, D. C., July 18.—
Buy flour in small quantities and protect
it carefully from spoilage, is the
keynote of a suggestion from the
United States department of agricul-
ture.

Sound flour milled from standard
wheat exhibits very little tendency to
decompose when stored in a proper
manner. Nevertheless, there is con-
siderable loss of flour through spoilage
as a result of improper storage, par-
ticularly during the summer
months. Flour dealers naturally have
to carry in storage an amount of flour
proportionate to the current needs of
their trade. Housekeepers on the
farm and in the city should purchase
flour in accordance with their needs
only. It is false economy for the
housekeeper to purchase larger
amounts of flour than can be used
within a reasonable length of time.
This may be a barrel for a large fam-
ily; more often it will be a 50 pound
sack. Any storage of flour in excess of
the consumer's needs constitutes
hoarding, which, under present cir-
cumstances, is an unethical and rep-
rehensible practice, of no profit to the
individual who practices it, but in-
jurious to the best interests of the
people.

Since it is the duty of everyone in
the present situation particularly to
avoid all waste, it is incumbent upon
each one so to store the normal stock
of flour as to eliminate all waste
whatsoever. The precautions that
are required have been well worked
out in practice and are stated as fol-
lows by specialists in the department
of agriculture:

There are three cardinal principles
of flour storage. Flour should not be
stored in the cellar, since the cellar
is rarely free from dampness, even
though special flour bins have been
built in. It is common to find odors
in a cellar and flour absorbs odors
and is contaminated by them. The
cellar is cool, but is usually too damp.
Flour should not be stored in the at-
tic of the usual type. The tempera-
ture is too high in summer, there is
no circulation of air, and the flour is
likely to acquire a musty odor. Flour
should not be stored in the pantry
or kitchen except in small quantities
since the temperature is certain to be
uneven and the flour is likely to be
contaminated by odors.

If practicable every household
should possess a small room for stor-
age of non-odorous commodities. Such
a room is best located on the north
side of the building. It should be
ventilated and a cool and even tem-
perature should be maintained. Where
such a room is not available a closet
may fit the requirements well. The
bins or containers should be kept
clean, and when an old sack of flour
is exhausted, the container should be
carefully cleaned before a new stock
is placed.

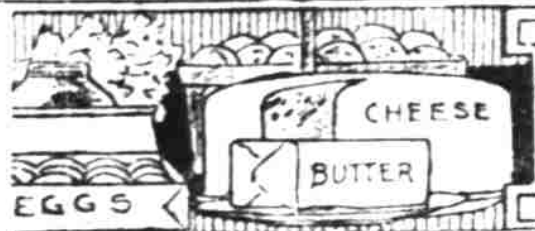
Naturally the flour must be guarded
from vermin. Flour should be exam-
ined occasionally to see that decom-
position has not begun. Conserved in
this manner, the sack of flour in the

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ISLAND POTATOES ARE SCARCE BUT HILO GRAPES MAKE NICE DESSERT

Island potatoes are scarce, but what
are in the market are good and re-
tail at three cents a pound. To
replace them as a table vegetable
raised in the islands, dried peas are
beginning to come in. While the
price of 15 cents a pound appears
slightly high for the peas, it is less
than has to be paid for the imported
variety.

For dessert delicacies for Honolulu
palates, A. T. Longley, superintend-
ent of the territorial marketing di-
vision, expects to receive a big ship-
ment of juicy grapes from Hilo to-
morrow. They will retail for six cents
a pound, he says. Island melons are
also plentiful at all the fruit and
market stands.

Bananas as usual are plentiful and
cheap. Big bunches with seven to
eight dozen bananas, are selling for 34
cents a bunch. This fruit is coming
principally from Kaneohe and Kailua,
and is of the best island variety.

Another island vegetable for which
there should be a good demand that
is plentiful is sweet potatoes, now sell-
ing for two cents a pound, or \$1.75 per
hundred.

household and the larger stores of
the retailer can be utilized practically
to the exclusion of any waste through
spoilage.

**ITALY CONSERVING
ALL FOODSTUFFS**

ROME, Italy.—At a meeting in Rome
of the central food commission, Signor
Raineri, the president of the commis-
sion and minister for agriculture, gave
an account of the program the Italian
government proposes to follow to in-
sure a sufficient supply of bread for
the country. He affirmed that the
rise in the price of wheat fixed in
Italy to conform to the altered state
of the world market was not in itself
sufficient to make wheat growing as
profitable as the cultivation of certain
other crops, and it was therefore
necessary to come to the aid of the
agriculturist both financially and
technically, and to use coercion if un-
founded resistance were offered. It
was also announced that the coopera-
tion of technical experts had been as-
sured in the various regions of Italy,
so that accurate information should be
to hand as to local needs and condi-

tions, and the most useful measures
be adopted.

BACON IS PLENTIFUL

LONDON, Eng.—The ministry of
food announces that Danish bacon is
plentiful. At the present moment
stocks are accumulating and there-
fore it should be obtainable at a con-
siderable modification of prices re-
cently prevailing. It is possible, how-
ever, that after the present excess
stocks have been consumed supplies
may become smaller with dearer
prices.

SCALLOPED CABBAGE

Cut one-half head of boiled cabbage
in small pieces; sprinkle with one-
half teaspoon salt, one-fourth tea-
spoon pepper, and 1 finely chopped
pimiento; pour over it one and one-
fourth cups of thin white sauce, mixed
with one-third cup of grated cheese.
Mix well and turn into a buttered
baking dish; cover with buttered
and seasoned cracker crumbs, place in
the oven and bake until the crumbs
are brown.

WAR BREADS AND MEAT SUBSTITUTES

The food problem before the world is largely one of substitution, using
for wheat flour other grain products, and for meat other proteins.
Our first thought must be to release wheat for the army and for
export.

Our second thought must be to plan proper menus for the home table.
YEAST BREADS
Rice and Wheat Flour Bread
1 cup scalded milk, 1 cup water, 2
tsp. salt, 2 tsp. sugar mixed with 1
tsp. yeast cake, 1 cup rice flour, 4 cups
wheat flour.

Cool milk, add other ingredients, in-
cluding rice flour; stir in as much
wheat flour as you can and knead in
the balance; put dough at once into
greased bread pan set in warm, not
hot, place, and when double its bulk
bake 1 hour in moderate oven.

Corn Meal and Wheat Flour Bread
Into 2 cups hot water stir ½ cup
cornmeal, let it boil up; cool mush,
add 2 tsp. salt, 2 tsp. sugar, stirred
into 1 yeast cake, 3 cups flour.

Stir in part of flour and knead in
the balance, put dough at once into
greased bread pan, set in warm place,
and when double its bulk, bake 1 hour
in moderate oven.

Oatmeal and Wheat Flour Bread
Make mush with 2 cups boiling wa-
ter, ¾ cup oatmeal (not rolled oats),
¾ lb. oil; cool mush, add to it 2 tsp.
salt, 2 to 4 tsp. sugar mixed with 1
yeast cake, 3 cups flour.

Stir and knead flour into mixture,
put dough at once into greased bread
pan, set in warm place, and when dou-
ble its bulk, bake 1 hour in moderate
oven.

Coffee Cake—Rice and Wheat Flour
Into the upper double boiler put
1 cup milk, scalded and cooled, 1 tsp.
sugar mixed with ½ yeast cake, 2 cups
wheat flour.

Beat well, set over water at blood
heat. When double its bulk, beat down
and add 3 tsp. crisco or other fat,
creamed with ½ cup brown or white
sugar, ¼ tsp. cinnamon mixed with 3
tsp. sugar, ½ tsp. salt, one-third cup
wheat flour and two-thirds cup rice
flour.

Beat well, spread on greased shal-
low pan, set in warm place, and when
light, spread with melted butter, sprin-
kle with sugar and cinnamon and bake
15 minutes in moderate oven.

Graham Bread
1 cup milk, scalded and cooled, 2
tsp. sugar mixed with ½ yeast cake,
1 tsp. salt, 2 cups graham flour, 1 cup
flour.

Mix and beat in all the flour with-
out kneading; put at once into greased
bread pan, set in warm place, and
when double its bulk, bake 1 hour in
moderate oven.

NAMED BREADS

Boston Brown Bread
1½ cup cornmeal, 2 cups rye or
graham flour 1 tsp. salt, 1 tsp. soda
2 cups sour milk (clabber), 1 cup mol-
lasses, 2 tsp. melted fat.

Mix dry ingredients, add molasses
and milk and last, fat. Should sweet
milk be used, instead of sour, omit the
soda and add 4 tsp. baking powder.

Fill greased baking powder cans
two-thirds full, surround with boiling
water or steam and cook 3 hours.
Serve hot with Boston baked beans.

Brown Bread
2 cups cornmeal, 2 cups wheat flour,
1 tsp. salt, 1½ tsp. soda, two-thirds
cup molasses, 3 cups sour milk (clab-
ber).

Mix as in above recipe. Cook 3
hours.
Brown Bread
Soak 1½ cup small pieces bread over
night in 2 cups cold water, rub smooth
add ¾ cup molasses, 1½ cup sour milk,
1½ cup graham flour, 1½ cup corn
meal, 1½ cup wheat or rye flour, 1½
tsp. salt, 1 tsp. soda, 2 tsp. baking pow-
der.

Mix dry ingredients, add wet ones,
put in greased cans; steam 3 hours.
Indian Meal Bread
Scald 3 cups cornmeal with 1 cup
boiling water, let cool; add 1 cup gra-
ham flour, in which put 2 tsp. baking
powder, 1 cup molasses, 2 cups sour
milk ½ cup sweet milk, in which put
1 tsp. soda.

Mix quickly, put in greased can,
steam 3 hours and bake 1 hour.
QUICK BREADS

Graham Bread
3 cups graham flour, 1½ cup white
flour, 1 tsp. salt, 1 tsp. soda, 2 tsp.
baking powder, ¾ cup molasses, 3
tsp. fat, 2 cups sour milk (clabber),
¾ cup water.

Mix well, put into two greased pans,
set in warm place for 30 minutes, bake
in moderate oven three-fourths of an
hour. Should sweet milk be used, in-
stead of sour, omit the soda and add
4 tsp. baking powder (making 6 tsp.).

Nut Bread
2 cups white flour, 2 cups graham
flour, ½ cup sugar, 1 cup walnuts,
rolled with rolling pin, 4 tsp. baking
powder, 1 tsp. salt, 1 egg, 2 cups milk.

Mix well, put in greased pan, let
stand 20 minutes, bake three-fourths
of an hour in moderate oven.

Whole Wheat Bread
Sift 3 cups whole wheat flour, 1 tsp.
soda, 1 tsp. salt, 2 tsp. baking powder,
add ¾ cup molasses, 2 cups sour milk,
½ cup Karo syrup or ¼ cup sugar.

Mix well, let stand 20 minutes, bake
1 hour.

CORN BREADS
Corn Muffins
Two-thirds cup cornmeal, 1 and one-
third cup wheat flour, ¾ tsp. salt, 1
to 3 tsp. sugar, 4 tsp. baking powder,
1 cup milk, 1 egg, 2 tsp. melted fat.

Mix dry materials, mix milk and egg,
combine the two and add melted fat
last. Bake in greased muffin pans ½
hour in moderate oven.

Johnny Cake
1 cup cornmeal, ½ cup flour, 1 tsp.
salt, 1 tsp. sugar, 2 tsp. baking pow-
der, 1 cup milk, 1 egg, 1 tsp. melted
butter.

Bake in moderate oven 30 minutes.
Egg Cornbread
1 cup cornmeal scalded with 1 cup
boiling water, cool—one-third cup
flour, ¼ tsp. soda, 1 tsp. baking pow-
der ½ tsp. salt, ½ cup sour milk, 1 to
2 eggs, 1 to 1½ tsp. melted fat.

Bake in hot oven. Should be three-
fourths inch thick when done.

Spoon Corn Bread
1 cup cornmeal, scalded with 1 to
1½ cups boiling water, cool—1 cup
sour milk, ½ tsp. salt, 1 tsp. molasses,
1 to 2 tsp. melted butter, 1 egg, ½
tsp. soda in a little cold water.

Mix well, bake in deep dish in mod-
erate oven. It is served with a spoon
and eaten as a vegetable with gravy.

GROUND MEAT

Ground meat, raw or cooked, may
be made into many dishes, the cheap-
er cuts of beef or other kinds of
meat are used, such as shoulder, neck,
breast, or lower leg.

For fat and flavor, add one of the
following: Pork, fresh or salt ham
or bacon, sausage or head cheese.

For flavor: Salt and pepper, herbs
such as thyme, parsley or dried celery
leaves, catsup, onion.

For filling: Cornmeal mush, crumbs
or rolled oats.

For binding: Egg.

For moisture: Stock or gravy, wa-
ter.

Meat Loaf

(May be varied as suggested above.)
1 lb. ground chuck (shoulder), ½
cup dry crumbs, 1 tsp. salt, ¼ tsp.
pepper, 1 tsp. thyme, ¼ onion, cut fine,
1 egg or none, water to make very
moist.

Line dish with thin bacon, cover
loaf with bacon and bake three-fourths
of an hour in slow oven.

Meat Balls

1 lb. ground chuck, 1 tsp. salt, pep-
per, ½ cup bread crumbs, moisture if
necessary, 1 onion may be added or
1 tsp. lemon juice and 1 to 2 tsp.
parsley.

Roll balls by rolling between palms
until the meat sticks together, sear
balls in hot saucepan with bacon or
other fat, finish cooking on back of
the stove, or put balls into brown or
white sauce and put where it will not
boil for three-fourths of an hour.

VEGETABLES

Lima Beans

Soak over night 2 lbs. lima beans.
Cook in fresh water 3 hours, or until
tender. Add 1 qt. tomatoes. Fry out
fat from 1 or 2 slices of salt pork,
cut fine, cook in it 2 onions, cut fine,
and 2 cloves of garlic cut fine; add
salt, pepper, black and cayenne.

Add last mixture to the beans and
tomatoes and cook together all thick-
ness.

Put in a baking dish, sprinkle grat-
ed cheese on top and brown in oven.

Chili Beans with Cheese

Soak over night and cook until ten-
der: 2 cups red beans, add 3 tsp.
fat, salt and chili sauce to make it taste
right; water, if necessary, and when
very hot, 1 cup grated cheese. Take
from heat, mix well and serve at once.

Scalloped Tomatoes

Into a buttered baking dish put a
layer of: Stale bread buttered and
cubed, 3 or 4 cups canned tomatoes, 2
onions sliced thin, 1 green pepper
chopped fine, 1 to 2 tsp. salt. And on
top a layer of buttered stale bread.

Cover the dish and bake slowly for
an hour. Uncover to brown. Serve
in baking dish.

Tomato Toast

Brown 2 tsp. fat, brown in it 1 to
2 tsp. onion cut fine, then add 2 tsp.
flour, ¼ cup peanut butter, 1 tsp. salt,
pepper, 3 cups tomatoes.

Cook to thicken, season and serve
on squares of toast.

Creamed Carrots

Scrape and slice young carrots. Cook
till tender in a small amount of water.
Save the liquor in which they were
cooked, adding milk to it to make the
required amount of sauce.

Make sauce of 1 tsp. fat, 1½ tsp.
flour, 1 tsp. sugar, ½ tsp. salt, 1-16th
tsp. pepper, grated nutmeg, little
chopped parsley, 1 cup liquor of car-
rots and milk.

Heat carrots in sauce and serve.

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